LifestyleRx

Eat As Much As You Want

MOST VEGGIES

Berries, Peas, Bell Peppers, Tomatoes, Broccoli, Green Leafy Vegetables, Bean Pasta, Zoodles, Greek Yogurt (unsweetened)

Lentils, Black Beans, Chickpeas, Kidney Beans, Split Peas

Portion Control

Apple 1, Orange 1, Corn 1/4 cup, Yams 1/4 cup, Sweet Potato 1/4 cup, Mini Potato 2, Wild Rice 1/4 cup, Brown Rice 1/4 cup, Quinoa 1/4 cup

Bulgar 1/4 cup, Buckwheat 1/4 cup, Converted Rice 1/4 cup, Steel Cut Oats 1/2 cup, All Bran Cereal 1 cup, Whole Wheat Pasta 1/2 cup, Sprouted Bread 1 slice, Seed Crackers 6, Stoned Wheat Thins 1

Rice Cake 1, Corn Tortilla 1, Milk 1 cup, Banana half, Pineapple 1/4 cup, Mango 1/4 cup

Avoid

Baked Potatoes, Mashed Potatoes, White Rice, Short Grain Rice, Sticky Rice, Most Bread, Cookies, Muffins, Scones

Most Packaged Cereals, Most Crackers, Most Tortillas, Regular Pasta, Rice Noodles, Sweetened Dairy, Fruit Juice